

**Anti-Stigma (Mental Health HOPE Campaign) Task Force
& MH/SA Work Group
2007 Activities & Community Outreach Events¹**

Focus Group Meeting with Youth, T.C. Williams High School (Student Council Association Meeting) January 12, 2007

Youth Policy Commission Presentation, City Hall, February 7, 2007

Focus Group Meeting with Youth, Charles Houston Recreation Center (Peer Advisors), February 28, 2007

Focus Group with Youth Ministers, First Baptist Church, March 12, 2007

Focus Group Meeting with Youth, STEP Center (Classroom), March 13, 2007

Focus Group Meeting with Youth, STEP Center (Young Stars), March 13, 2007

Philanthropy Summit, Belle Haven Country Club, March 15, 2007

Focus Group with Youth Ministers, Blessed Sacrament Catholic Community, March 20, 2007

Real Life Stories of youth speaking of their experiences with mental health issues posted to *Blackboard* on student laptops at T.C. Williams ([see www.nostigma.org](http://www.nostigma.org))

Joint City Council/School Board Work Session Presentation (Partnership), George Washington Middle School, April 11, 2007

T. C. Williams Teen Summit, Anti-Stigma/Depression/Suicide Prevention Breakout Session,* Minnie Howard Ninth Grade Center, April 28, 2007 (w/ youth speaker)

Youth Services Coordinating Council Presentation,* Dept. of Human Services, May 8, 2007

Youth Summit, Anti-Stigma/Depression/Suicide Prevention Breakout Session,* G.W. Middle School, May 19, 2007

¹ Large community events typically involve many community partners, including the *Partnership for a Healthier Alexandria's Anti-Stigma (HOPE Campaign) Task Force*, the *Friends of the Alexandria Mental Health Center*, *CrisisLink*, Alexandria Community Services Board, Alexandria City Public Schools, Northern Virginia Chapter of the National Alliance on Mental Illness (NAMI), and others.

AntiStigma/Depression/Suicide Prevention Session ,* Christ Episcopal Church, May 20, 2007
Mental Health: Stigma & Services Session ,* The Lyceum, Gang Prevention Brown Bag Lunch, May 23, 2007
Stigma & the System: Roadblocks to Recovery with author Pete Earley (Mental Health Month Event),* Minnie Howard School Auditorium, May 30, 2007
Helping the Addict You Love (Recovery Month Event ²),* with author Dr. Lawrence Westreich, Minnie Howard School Auditorium, September 10, 2007 (Photos and Washington Post article available online at www.alexhealth.org/partnership)
Too Young To Die: Teen Suicide in Our Community (Mental Health Community Event),* Minnie Howard School Auditorium, December 10, 2007 (Photos and Alexandria Gazette Packet article available online at www.alexhealth.org/partnership)

*Partnership's Mental Health (Anti-Stigma) HOPE Campaign cards distributed at these sessions.

Upcoming 2008 Activities & Events

Distribution of Anti-Stigma Materials to schools and faith community youth groups.

- “What a Difference a Friend Makes,” a brochure designed to dispel myths about mental illness and to provide the reader with the tools to help support a friend living with mental illness.
- Poster: “Know Me as a Person, not by my mental illness.”

Friday, April 18, 2008 – *Suicide Prevention and Self-Injurious Behaviors* presentation for the Greater Alexandria Area Youth Pastor Network's Ladies Night (targeting T.C. Williams' female students). Presentation by Dr. Nichole Rohrer, CSB Youth Clinician, CrisisLink and Dominion Hospital (tentative)

Thursday, May 29, 2008 – *Personal and Professional Perspectives on Depression*, featuring Kay Redfield Jamison, Ph.D., one of the foremost authorities on manic-depressive illness and author of several books including:

Manic Depressive Illness
An Unquiet Mind: A Memoir of Moods and Madness
Touched with Fire: Manic Depressive Illness and the Artistic Temperament
Night Falls Fast: Understanding Suicide
Exuberance: A Passion for Life

See www.alexhealth.org/partnership for Task Force meeting minutes and work products.

² In addition to the community partners mentioned in Footnote 1, the following community partners participated in this event: the Partnership's *Substance Abuse Prevention Coalition of Alexandria (SAPCA)*, Alanon, Alateen, Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Substance Abuse and Addiction Recovery Alliance (SAARA).

